

A Final Thought:

One of the greatest gifts that you can give
to another human being is your time and compassion.
The type of service that you perform
doesn't have to change the world,
it should just make a difference in someone else's life.
Ultimately, it will make a difference
in your life as well!



Volunteer Loudoun

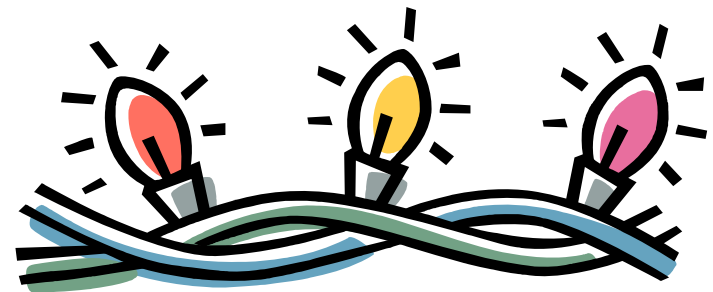
HANDS ON NETWORK

MSC 03, 1 Harrison Street, SE
Leesburg, VA 20175
703-737-8424

VolunteerLoudoun@loudoun.gov
www.loudoun.gov/volunteer

YOUTH

Can Make
a
Difference!



Ideas to Inspire
Young Civic Engagement

What does it mean to volunteer?

There are many good definitions of volunteerism. But plain and simple, volunteering means doing something “good” for someone, something (such as the environment) or some organization, without expecting anything in return.



Sure, kids can help their parents by cutting the grass or washing dishes. Or parents can help their kids by looking over their homework. That’s all great! But that’s not quite the same as volunteering. When you think about volunteering, you need to look at the bigger picture. There are all kinds of needs in your community. This directory is designed to give you helpful information that will help your family meet those needs and show you why family and/or youth volunteering is really important.



Volunteering means different things to different people. But nearly every volunteer will agree:



Volunteering makes you feel good! You know the feeling you get when you score a point in soccer, or get a good grade, or make a successful presentation at school? Well, volunteering can give you that same great feeling...and that’s just the beginning!



Bronze Level

ages 5-14 (50-74 hours)

ages 14-High School Graduate (100-174 hours)



Silver Level

ages 5-14 (75-99 hours)

ages 14-High School Graduate (175-249 hours)



Gold Level

ages 5-14 (100+ hours)

ages 14-High School Graduate (250+ hours)

Scholarship Program:

Annual scholarships are awarded to high school seniors in public and private schools and to the home school community. The scholarships recognize students who have made a significant contribution through their volunteer efforts and place emphasis on a demonstrated interest in the community rather than academic or athletic excellence. Copies of forms tracking volunteer hours must accompany the application.

Student Volunteer Hours Form:

Student Volunteer Hours Forms can be obtained from Volunteer Loudoun’s website, www.loudoun.gov/Volunteer, or through each school’s guidance office.

**The mission of Volunteer Loudoun
is to effectively engage more people
in volunteer service
to help solve community problems.**

This guide offers ideas only and in no way commits the organizations listed to providing volunteer opportunities at the time of your inquiry.

**Parent permission and/or supervision is needed to participate in many of these opportunities.
Be sure to ask the organization about any age requirements.**

Loudoun Association of Retarded Citizens (LARC)

703-777-1939

Dance fever

Loudoun Literacy Council

703-777-2205

Bookin' it

Special Olympics

703-777-0438

Olympic Challenge, Walk-a-thon

Students in grades K-12 are encouraged to volunteer by giving their time to enrich the lives of others or to make a difference in the community in which they serve. For this, Volunteer Loudoun rewards students in the following ways:

Student Volunteer of the Month:

Students can be nominated by the organization in which they are performing their community service and may receive recognition as Student Volunteer of the Month. Please visit www.loudoun.gov/volunteer for more information.

Student Volunteer Award:

Students in grades K-12, who submit a Student Volunteer Hours Form, will receive a Certificate of Appreciation from Volunteer Loudoun for any hours performed. Certificates are awarded at the end of the year at each school's awards ceremony.

President's Volunteer Service Award:

The President's Council on Service and Civic Participation, created by President George W. Bush in 2003, established The President's Volunteer Service Award to encourage individuals, families, and groups to demonstrate a sustained commitment to their community. Volunteer Loudoun offers this award to encourage and strengthen youth volunteerism in Loudoun County. Recipients will receive a personalized certificate signed by the President of the United States and a lapel pin.

Choosing a Volunteer direction

Before you begin to volunteer, it's important to decide what type of volunteer activity might interest you. Do you want to volunteer as a family or are you a young person who wants to give back?

Do you want to start with a volunteer activity that is familiar to you, an activity that presents a bit of a "challenge," or one that lets you blend your skills and interests with new opportunities?



Another option is to "invent" a volunteer project of your own. For example, if your family enjoys biking, you could give a new twist to a shut-in program by delivering items by biking from home to home.

The possibilities are endless!



There is nearly always a need for an extra hand for local school and church activities. Contact a school or church leader to see what activities or programs are already in place. Or, you may find a need that could be met by forming a volunteer group headed by you and/or your family in your own church or school.

To find out more about opportunities at a local church, contact the one closest to you. For more information about school opportunities, visit www.loudoun.k12.va.us to find a school near you.

Most communities have local volunteer or nonprofit organizations that would be happy to have you and/or your family's support. Visit www.loudoun.gov/volunteer to find current volunteer opportunities. Be sure to use the "advanced search" option to find youth opportunities appropriate for you.

NOTE: If your family is interested in spearheading a volunteer project, be sure to obtain permission from the targeted recipient(s) and from city, town, county, church, school or other officials and/or organizations, if necessary, before you begin a project. They will probably be thrilled to have your help and may also be able to provide you with helpful information to make your volunteer project even more successful!



Town Governments:

Town of Hamilton
540-338-2811

Town of Hillsboro
540-668-6966

Town of Leesburg
703-777-2420

Town of Lovettsville
540-822-5788

Town of Middleburg
540-687-5152

Town of Purcellville
540-338-7421

Town of Round Hill
540-338-7878

Physically or Mentally Challenged People

Are you interested in health, medicine or helping people? Take a look at some ideas below:

Dance fever: Plan a prom for developmentally disabled people. Many students with disabilities have never had a chance to go to a school dance. Contact your local Association of Retarded Citizens (ARC) to see if they are interested in setting up a special prom.

Bookin' it: Donate books on tape for blind children and adults.



Walk-a-thon: You can join/organize a walk-a-thon, bike-a-thon or work-a-thon to help raise donations for, and awareness of, health concerns.

Sign in: Join/organize a group to learn sign language and volunteer your services to help hearing impaired people.

Olympic challenge: Volunteer to assist with, or promote, a Special Olympics event.

Whom to Call:

Brain Injury Services
703-451-8051
Dance fever

Blue Ridge Speech and Hearing
703-777-5050
Sign in, Bookin' it



Security blanket: Help provide elderly home owners with smoke alarms.

Pooch patrol: Many elderly or ill individuals have pets to keep them company but they aren't physically or mentally able to take the pet out for exercise. Why not form a group who can give these animals some extra exercise?

Whom to call:

Area Agency on Aging

703-777-0257

Pedal power

Christmas in April

703-771-7186

Build up

Department of Family Services

703-777-0353

Security blanket

Habitat for Humanity

703-737-6772

Build up

Heritage Hall Nursing Home

703-777-8700

Adopt a grandparent, That's entertainment

Loudoun Volunteer Caregivers

703-779-8617

Animal magnetism

Sunrise Assisted Living

703-777-1971

Adopt a grandparent, That's entertainment

How do I get started?



There are an abundance of fun, exciting and rewarding volunteer activities out there . To help you get started, below are volunteer opportunities broken into categories with contact information.

After completing your volunteer activity, be sure to fill out your Student Volunteer Hours Form to receive recognition for your hard work. (See page 17 for more information about Volunteer Loudoun's' Student Volunteer Program.)

Environmental/Wildlife/Animals

Do you like working in the yard, gardening, hiking, fishing, wildlife, getting dirty or being outside? If you do, then review the ideas below to find an opportunity that fits you:



Take a hike: Clean up/build a hiking or biking trail



Taking root: Plant trees in a park or your neighborhood (be sure to find out where power lines are located before you start digging).

Clean sweep: Have a block or park cleaning party; pick up debris from vacant lots; Clean up a stream bed or forest land.

Waste not, want not: Join/start a neighborhood or community recycling program or start at home if you're not already recycling, and donate any money from aluminum cans or other collections to a favorite charity.



Everything's comin' up roses: Contact your town council, HOA, or county officials and ask if you can plant flowers along medians or walkways.



Home sweet home: Provide assistance to physically challenged homeowners in your neighborhood by offering help with lawn upkeep.

Bird call: Volunteer to help at a bird or other wildlife sanctuary.

Grow up: Plant a garden and donate food to needy families.



Graffiti buster: Clean up graffiti along roadways.



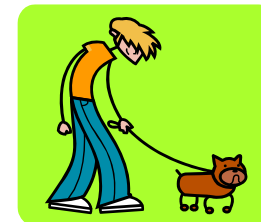
Park it: Adopt a park. Meet with park staff and determine ways to help, such as adding a bench or trail.

Sea it: Work together to help protect our waters and its inhabitants.

Seniors

Senior citizens love sharing their past with others and having special visits. If this is something you enjoy, please consider the following:

Animal magnetism: Inquire about Pet Therapy programs at retirement communities, extended care facilities, nursing homes or hospitals. If you have a well-behaved pet, you may be able to share their companionship with others!



Build up: Work with your church, club or friends to paint a room, winterize a home, do yard cleanup, sew curtains or offer other help to senior citizens who are physically or financially unable to perform these tasks themselves.



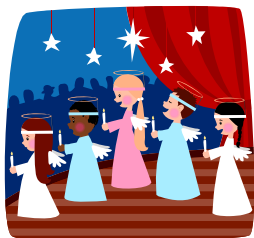
Pedal power: Like to bike? Then take a ride and help local senior citizens get through their to-do lists by performing errands for them.

That's entertainment: Visit nursing homes or retirement communities and put on a play or concert for residents, spend time playing checkers, cards or other games, or just lend an ear.

Adopt a grandparent: Write letters and make cards for seniors at retirement centers or nursing homes. If possible, invite them to a school play or talent show.



To be or not to be: Put on a play! Raise money and donate it to your church, school, or other nonprofit organization by putting on a play. Your family can direct it, star in it and/or help build props.



Role with it: Visit a nursing home or hospital and put on a play or concert.

Stage left: Volunteer to usher or act in a community theater.

Read all about it: Join/start a group to share original stories or poems with residents at nursing homes or other organizations. You could also start a reading group at a library and invite parents and children to share stories.



Whom to Call:

Franklin Park Performing and Visual Arts Center

540-338-7973

Stage left

Heritage Farm Museum

571-258-3800

Role with it, Read all about it

Inova Loudoun Hospital Center

703-858-6000

Read all about it

Whom to Call:

Good Shepherd Alliance

703-724-1555

Grow up

Home Owner's Association(s)

Clean sweep

Loudoun County Parks, Recreation, & Community Services

703-777-0343

Taking root

Loudoun County Office of Construction and Waste Management

703-771-0187

Waste not, want not

Loudoun Interfaith Relief

703-777-5911

Grow up

Northern Virginia Regional Park Authority

703-352-5900

Take a hike, Bird call, Park it

Town Governments (see pg. 3)

Everything's comin' up roses

Virginia Department of Transportation

703-383--VDOT (8368)

Graffiti buster

Young People

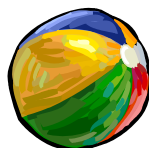
Do you enjoy spending time with kids, reading, playing sports or music? Maybe one of these ideas is right for you:



A little TLC: Volunteer to visit children in the hospital or make special cards or posters to send to them.

Book worm: Collect books to donate to a local or school library.

Toy time: Collect new or slightly used toys for kids who might not otherwise receive gifts for the holidays.



Private eye: Join/start a neighborhood crime watch program or take the idea to your school board. A group could be formed to “keep their eyes open”: to report theft, graffiti, or other crimes.



Play time: Build or update a community or school playground.

Child's play: Kids who are in shelters or transitional housing often have a lot of emotional issues to

deal with. Volunteer to spend time with these children.

Bundle up: Many communities have a “coats for kids” program for those children in need of jackets. Collect slightly worn coats and donate them to families in need and/or shelters.



Once upon a time: Join/organize a reading group at your local library or go around to retirement communities or home-bound individuals and offer to read to them. You could also start a story hour for other children.

Whom to Call:

Christmas in April

703-771-7186

Paint the town

Habitat for Humanity

703-737-6772

Paint the town

Humane Society of Loudoun County

703-777-2912

Ruff job

Inova Loudoun Hospital Center—Volunteer Program

703-858-6000

A little TLC, Hats off to you

Loudoun County Animal Shelter

703-777-0406

Ruff job

Arts and Culture:

If you enjoy theater, history, music, reading or fine arts you can make a difference in the following ways:

Loudoun Interfaith Relief

703-777-5911

Can it

Community:

Do you enjoy walking, talking with neighbors, landscaping or sports? You're sure to find something of interest below:

A little TLC: Visit patients in the children's ward of a local hospital.



Ruff job: Volunteer at the Humane Society or Animal Shelter to help wash, walk and play with the animals in the shelter.

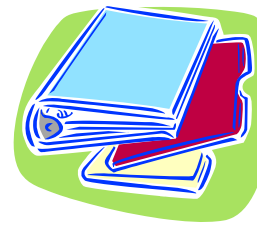
Hats off to you: Children undergoing chemotherapy often lose their hair. Why not take up a collection of unique hats and caps, or decorate hats yourself, and deliver them to your local hospital.



Paint the town: Hold a paint-a-thon to help low-income residents or individuals and families with special needs. Offer to paint their homes or fences, or help out in other ways. You could also clean up graffiti with a fresh coat of paint. (Make sure you get approval from the proper authorities!)



Lifesavers: Volunteer to organize a community blood drive, through your church or other community organization.



Bag it: Throughout the year, children are in need of school supplies. Help gather donated supplies, like school bags, notebooks and pencils.

Welcome mat: Make "New Kid On the Block" survival kits for kids who are new in the neighborhood or in school. Kits could contain items like a hand-made welcome card, school calendar, a list of teachers, etc.

Whom to Call:

Loudoun County Department of Family Services

703-777-5718

Toy time, Bundle up, Bag it

Good Shepherd Alliance

703-724-1555

Book worm, Child's play

Inova Loudoun Hospital Center—Volunteer Program

703-858-6000

A little TLC

Loudoun County Library Administration

703-777-0368

Book worm

Loudoun County Parks, Recreation & Community Services

703-777-0343

Play time

Loudoun County School Board

571-252-1020

Private eye

Loudoun County Sheriff's Office

703-777-0407

Private eye

Loudoun Literacy Council

703-777-2205

Special Olympics—Loudoun Chapter

703-777-0438

Child's play

YMCA, Big Friends Program

703-777-9622

Child's play

www.loudoun.k12.va.us

Play time, Welcome mat

Homelessness/Shelters/Hunger Programs

Do you enjoy meeting new people, building, cooking, sewing, playing games or painting? Then these opportunities may be right for you:



Mail Call: What do you do with the free samples of soap, shampoo, perfume and other items you get in the mail? Why not put items in decorated boxes or paper bags and donate them to homeless shelters?



If you build it, they will come: Get involved in an organization such as Habitat for Humanity which works with low-income families to build homes.

Shelter me: Volunteer at a homeless shelter and visit with residents or play games with the children.

Build up: Work with your family, church and/or friends to paint a room, build a play area, sew curtains or offer other help at shelters or for low-income families.



Party time: Plan a birthday celebration at a shelter and celebrate everyone's birthday together.



Can it: Collect canned and boxed goods and donate them to a food pantry.

Care kits: Make "We Care" kits with items such as combs, tissues, soap, deodorant, etc. to distribute at shelters.

Whom to Call:

Good Shepherd Alliance

703-724-1555

Mail Call, Shelter me, Build up, Party time, Care Kits

Habitat for Humanity

703-737-6772

If you build it